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AUTHOR Figler, Stephen; Figler, Howard
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ABSTRACT

Advice is provided on how a student athlete can achieve his or her goals equally well in sports, academics, and career preparation. The book provides specific advice regarding how to balance these three areas of college life and solve the problems and pressures that will be encountered by the student in each of them. In particular, advice is given in the following areas: (1) adjusting to the demands of college athletics; (2) maintaining athletic and academic standards; (3) realistically sizing up one's prospects for professional play; (4) staying drug free; (5) dealing with the special concerns of black and female athletes; and (6) parlaying athletic skills into marketable job qualifications. True-life stories of college athletes illustrate much of the advice that is provided. Among the guide's chapters are: "Getting Along with Coaches, Boosters, Professors, and Others"; "Avoiding Exploitation; Careers in and out of Sports"; and "Strategies for Winning the Job You Want". Chapter notes are provided. (GLR)

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